



# DHSS OFFICE OF DENTAL HEALTH NEWSLETTER MONTHLY MISSOURI ORAL HEALTH UPDATE

December 2023 | Issue No. 2



## Why Community Fluoridation Matters

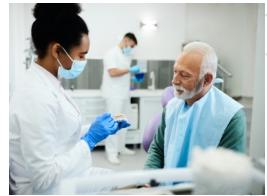


Water operators around Missouri are responsible for monitoring and providing safe and healthy water to the community. Water purification plants have the option to add fluoride to community water to protect teeth against tooth decay for all ages. Fluoride is a naturally occurring mineral that already exists in small amounts in water. Many dental and health associations recommend that additional fluoride be added to water to reach the optimal fluoridation to promote the most oral health benefits. Community water fluoridation is important to Missourians because it reduces dental care costs, improves oral health, and prevents cavities for everyone. To learn more about the benefits of fluoridation of Missouri's public water systems, visit [Water Fluoridation | Oral Health | Health & Senior Services \(mo.gov\)](#).

## Treat Yourself with Donated Dental Services

Donated Dental Services (DDS) is a Missouri program that allows individuals without access to affordable dental care to receive proper oral health care. Applicants must be over the age of 65 years, veterans, permanently disabled and/or need medically necessary dental care.

Donated Dental Services relies on volunteer dentists, laboratories, sponsors and funders to offer free services to individuals in need. For potential, eligible applicants or those interested in volunteering, please visit [Missouri Dental Care Programs Available | DDS | DLN \(dentallifeline.org\)](#).



## Brush, Book, Bed!



As holiday parties and winter breaks begin, it is recommended that all children have predictable nighttime routine to ease the stress of long days. This helps children understand and learn to expect when it is time to go to bed. The American Academy of Pediatrics has created a structured nightly routine for parents to ensure that children are going to bed healthy, happy, and at ease.

1. Brush. Help your children to brush their teeth every night.
2. Book. Read an age appropriate book.
3. Bed. Get your child to bed at a regular time each night

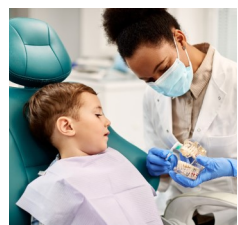
To implement this nightly routine for your child, visit the following link for resources and more information!

[Brush, Book, Bed: How to Structure Your Child's Nighttime Routine - HealthyChildren.org](#)

## The Best Gift is Time— Apply as a Volunteer Today

Wondering how you can better your community during this season of giving? Apply as a volunteer dentist or dental hygienist with the [Missouri Oral Health Preventive Services Program](#) (PSP) or the Basic Screening Survey (BSS) of third grade students. Both PSP and BSS assesses school-aged children's oral health status and implement public health intervention to fight dental decay. Volunteers are responsible for surveillance/screening, education, prevention (fluoride varnish) assessments, and/or referrals.

To learn more about how you can help your community by giving your time and services, visit [Volunteer today for the Preventive Services Program \(PSP\)](#), [Email Us](#), or call us at 573-751-5874.



DECEMBER 2023 | Issue No. 2

PO Box 570  
Jefferson City, MO 65102-0570  
Phone: 573-751-5874  
Email: [oralhealth@health.mo.gov](mailto:oralhealth@health.mo.gov)

Oral Health | Health & Senior Services (mo.gov)  
Next edition: January 2024 | Issue No. 3



MISSOURI DEPARTMENT OF  
**HEALTH &  
SENIOR SERVICES**

Office of Dental Health